



# SKIN SUBSTITUTE POST-OPERATIVE INSTRUCTIONS



## HOW TO CONTACT US

### Blake Hospital Clinic

M-F 8 am- 4:30 pm

941-567-2876

### After Hours Answering Service

941-567-2876

## WHAT TO EXPECT AT HOME

- It is normal to have pain at the operated areas.
- The wound may ooze and you may notice some drainage on your dressing. This is normal. If the drainage is excessive, please call the number above.

## ACTIVITY

- Try taking short walks as soon as possible to promote blood flow and healing.
- DO NOT drive if you are taking narcotic pain medicines.

## SURGICAL SITE CARE

- You have a skin substitute product in place. You will have either a wound vac or a dressing in place over the product. Please leave the vac or dressing in place until your first follow up.
- If you have a home health nurse please do not have them remove the dressing or vac until instructed to by your surgeon.
- DO NOT shower or take a bath, the dressing needs to stay dry.
- Please DO NOT change or remove your dressing.

## OTHER SELF-CARE

- Make sure you eat healthy foods, including lots of fruits and vegetables. Drink plenty of fluids. A healthy diet and plenty of fluids promote bowel movements and prevent infection.
- Your pain should go away over several weeks. Take any pain medicines as directed. Take them with food and plenty of water.
- DO NOT drink alcohol while you are taking pain medicines.

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- DO NOT take aspirin or ibuprofen until 48-hours after surgery. After the first 48-hours, these medications are preferred to narcotic medications. Ask your surgeon which vitamins, supplements, and Other medicines are safe to take.
- DO NOT smoke. Smoking slows healing and increases your risk Of Complications and infection.

## **WHEN TO CALL THE DOCTOR**

- Increasing pain, redness, swelling, yellow or green drainage, bleeding.
- Side effects from medicines, such as rash, nausea, vomiting, or headache.
- A fever of 100°F (38°C) or higher.

## **FOLLOW-UP**

- You will be seen within one week after your surgery to check the area.
- If you were not given a follow-up appointment at the time of your operation, please call the clinic to arrange follow-up within one week from the time of your surgery.